

Orinda Aquatics 2026 Workout Schedule - Spring Feb 23-May 30

notes to the Spring Schedule:

- This revised schedule begins the week after Clovis (Feb 23) and runs through May 30.

- **The changes are: added Wed PM Sr All; Thurs PM is the same as Tues PM (Sr 4 & Sr 2/3); no Fri PM (with HS).**

- *times listed are "in the water" times (please arrive 15 minutes prior to workout)*

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 4	AM	5:30-7:15		5:30-7:15 (opt)		5:30-7:15	7:30-10:00
	PM	3:45-5:20	3:45-5:20	4:15-6:15	3:45-5:20		
	dryland	5:30-6:15	5:30-6:15		5:30-6:15		10:10-11:00
	meeting						
Senior 3	AM			5:30-7:15		5:30-7:15 (opt)	7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:15-6:15	5:20-6:45		
	dryland	4:30-5:15	4:30-5:15		4:30-5:15		10:10-11:00
	meeting						
Senior 2	AM			5:30-7:15			7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:15-6:15	5:20-6:45		
	dryland	4:30-5:15	4:30-5:15		4:30-5:15		10:10-11:00
	meeting						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior 3	AM					TBD	8:15-10:00
	PM	6:45-8:00	6:45-8:00	6:30-8:00	6:45-8:00	6:00-7:30	
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	
Junior 1&2	PM/SAT	6:45-8:00	6:45-8:00	6:30-8:00	6:45-8:00	6:00-7:30	8:15-10:00
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	